



2009 Youth Swim Lessons at Ortega Park & Los Baños Pools

Level 1: Introduction to Water Skills Ages 4-7

Helps students to feel comfortable in the water and enjoy water safety.

ORTEGA PARK POOL: Level 1 Pre-Season

Code	Dates	Hours
12203	6/1-6/12	4:00-4:30pm
12204	6/1-6/12	4:40-5:10pm
12205	6/1-6/12	5:20-5:50pm

Level 1 Summer

11957	6/15-6/26	10:00-10:30am
11958	6/15-6/26	10:40-11:10am
11959	6/15-6/26	11:20-11:50am
11961	6/15-6/26	3:25-3:55pm
12027	6/15-6/26	4:05-4:35pm
12028	6/15-6/26	4:45-5:15pm
12029	6/29-7/10	10:00-10:30am
12030	6/29-7/10	10:40-11:10am
12031	6/29-7/10	11:20-11:50am
12033	6/29-7/10	3:25-3:55pm
12034	6/29-7/10	4:05-4:35pm
12035	6/29-7/10	4:45-5:15pm
12036	7/13-7/24	10:00-10:30am
12037	7/13-7/24	10:40-11:10am
12038	7/13-7/24	11:20-11:50am
12040	7/13-7/24	3:25-3:55pm
12041	7/13-7/24	4:05-4:35pm
12042	7/13-7/24	4:45-5:15pm
12043	7/27-8/7	10:00-10:30am
12044	7/27-8/7	10:40-11:10am
12045	7/27-8/7	11:20-11:50am
12047	7/27-8/7	3:25-3:55pm
12048	7/27-8/7	4:05-4:35pm
12049	7/27-8/7	4:45-5:15pm
12050	8/10-8/21	10:00-10:30am
12051	8/10-8/21	10:40-11:10am
12052	8/10-8/21	11:20-11:50am
12054	8/10-8/21	3:25-3:55pm
12055	8/10-8/21	4:05-4:35pm
12056	8/10-8/21	4:45-5:15pm

Level 2: Fundamental Aquatic Skills Ages 4-7

Prerequisites: 1. Enter unassisted, move for 5 yards, bob 5 times to chin level and safely exit the water. (Participants can walk, travel along the gutter or "swim.")

2. Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.

ORTEGA PARK POOL: Level 2 Pre-Season

Code	Dates	Hours
12206	6/1-6/12	4:00-4:30pm
12207	6/1-6/12	4:40-5:10pm
12208	6/1-6/12	5:20-5:50pm

Level 2 Summer

11977	6/15-6/26	10:00-10:30am
11978	6/15-6/26	10:40-11:10am
11979	6/15-6/26	11:20-11:50am
11981	6/15-6/26	3:25-3:55pm
12057	6/15-6/26	4:05-4:35pm
12058	6/15-6/26	4:45-5:15pm
12059	6/29-7/10	10:00-10:30am
12060	6/29-7/10	10:40-11:10am
12061	6/29-7/10	11:20-11:50am
12063	6/29-7/10	3:25-3:55pm
12064	6/29-7/10	4:05-4:35pm
12065	6/29-7/10	4:45-5:15pm
12066	7/13-7/24	10:00-10:30am
12067	7/13-7/24	10:40-11:10am
12068	7/13-7/24	11:20-11:50am
12070	7/13-7/24	3:25-3:55pm
12071	7/13-7/24	4:05-4:35pm
12072	7/13-7/24	4:45-5:15pm
12073	7/27-8/7	10:00-10:30am
12074	7/27-8/7	10:40-11:10am
12075	7/27-8/7	11:20-11:50am
12077	7/27-8/7	3:25-3:55pm
12078	7/27-8/7	4:05-4:35pm
12079	7/27-8/7	4:45-5:15pm
12080	8/10-8/21	10:00-10:30am
12081	8/10-8/21	10:40-11:10am
12082	8/10-8/21	11:20-11:50am
12084	8/10-8/21	3:25-3:55pm
12085	8/10-8/21	4:05-4:35pm
12086	8/10-8/21	4:45-5:15pm

Our American Red Cross-based swim programs for children 6 months to 12 years incorporate the development of basic swim techniques, vital water safety skills and, most importantly, how to have fun in an aquatic environment.

Pool locations: Ortega Park Pool, 600 N. Salsipuedes Street. Los Baños Pool, 601 Shoreline Drive.

Fees for all swim lessons: \$57/\$52 with Resident Discount Card

To register: Online at www.sbparksandrecreation.com or call 966-6110. Scholarships are available.

Tiny Tots: 6 mos-3 years

Parent and child aquatics build swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

ORTEGA PARK POOL: Tiny Tots

Code	Dates	Hours
11949	6/15-6/26	5:25-5:55pm
11951	6/29-7/10	5:25-5:55pm
11953	7/13-7/24	5:25-5:55pm
11955	7/27-8/7	5:25-5:55pm
11956	8/10-8/21	5:25-5:55pm

Please see other side for more lessons.



2009 Youth Swim Lessons from Parks & Recreation

Level 3: Stroke Development Ages 4-7

Prerequisites: 1. Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to a standing position, then move back to a back float for 5 seconds and return to a standing position. 2. Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.

ORTEGA PARK POOL: Level 3 Pre-Season

Code	Dates	Hours
12209	6/1-6/12	4:00-4:30pm
12210	6/1-6/12	4:40-5:10pm
12211	6/1-6/12	5:20-5:50pm

Level 3 Summer

11997	6/15-6/26	10:00-10:30am
11998	6/15-6/26	10:40-11:10am
11999	6/15-6/26	11:20-11:50am
12001	6/15-6/26	3:25-3:55pm
12002	6/15-6/26	4:05-4:35pm
12003	6/15-6/26	4:45-5:15pm
12087	6/29-7/10	10:00-10:30am
12088	6/29-7/10	10:40-11:10am
12089	6/29-7/10	11:20-11:50am
12090	6/29-7/10	3:25-3:55pm
12091	6/29-7/10	4:05-4:35pm
12092	6/29-7/10	4:45-5:15pm
12093	7/13-7/24	10:00-10:30am
12094	7/13-7/24	10:40-11:10am
12095	7/13-7/24	11:20-11:50am
12098	7/13-7/24	3:25-3:55pm
12099	7/13-7/24	4:05-4:35pm
12100	7/13-7/24	4:45-5:15pm
12101	7/27-8/7	10:00-10:30am
12102	7/27-8/7	10:40-11:10am
12103	7/27-8/7	11:20-11:50am
12105	7/27-8/7	3:25-3:55pm
12106	7/27-8/7	4:05-4:35pm
12107	7/27-8/7	4:45-5:15pm
12108	8/10-8/21	10:00-10:30am
12109	8/10-8/21	10:40-11:10am
12110	8/10-8/21	11:20-11:50am
12112	8/10-8/21	3:25-3:55pm
12113	8/10-8/21	4:05-4:35pm
12114	8/10-8/21	4:45-5:15pm

LOS BAÑOS POOL: Level 3 Summer

Code	Dates	Hours
12017	6/15-6/26	10:15-10:45am
12115	6/29-7/10	10:15-10:45am
12116	7/13-7/24	10:15-10:45am
12117	7/27-8/7	10:15-10:45am
12118	8/10-8/21	10:15-10:45am

Level 4: Stroke Improvement Ages 6-12

Prerequisites: Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds; swim back crawl for 15 yds.

LOS BAÑOS POOL: Level 4 Summer

Code	Dates	Hours
12119	6/15-6/26	10:15-10:45am
12120	6/29-7/10	10:15-10:45am
12121	7/13-7/24	10:15-10:45am
12122	7/27-8/7	10:15-10:45am
12123	8/10-8/21	10:15-10:45am

Level 5: Stroke Refinement Ages 6-12

Prerequisites:

1. Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back for 1 minute in deep water (float or sculling) and swim elementary back-stroke for 15 yards.
2. Swim breast stroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

LOS BAÑOS POOL: Level 5 Summer

Code	Dates	Hours
12124	6/15-6/26	10:15-10:45am
12125	6/29-7/10	10:15-10:45am
12126	7/13-7/24	10:15-10:45am
12127	7/27-8/7	10:15-10:45am
12128	8/10-8/21	10:15-10:45am

Private Swim Lessons 3 years to adult

One-on-one instruction specifically geared to your particular needs. Call 966-6110 to arrange lesson sessions.

Fee: \$110/\$100 for eight 15-minute lessons

Where: Ortega Park Pool

When: Monday-Friday, 12noon-1pm

